



GRILLED CHICKEN AND AVOCADO QUINOA PILAF

This pilaf recipe pairs avocados and bell peppers with red quinoa and grilled chicken, for a satisfying, colorful meal.

Preparation time: 45 minutes

Serves: 4

INGREDIENTS:

- 2 tbsp fresh or bottled lemon juice
- ¼ cup fresh basil
- ¾ tsp ground black pepper, divided
- 1 avocado, cut into chunks
- 1 tbsp olive oil, divided
- ¼ tsp salt
- 2 small boneless, skinless chicken breasts (about 1 lb)
- 1 large red bell pepper
- ½ medium onion, chopped
- 1 clove garlic, minced
- 3 cups water
- 3 tsp sodium-free chicken bouillon
- 1½ cups red quinoa, uncooked/dry

DIRECTIONS:

1. Heat grill. Peel and cut avocado into chunks; place in a medium bowl.
2. Mix lemon juice, basil, and ½ tsp black pepper. Drizzle over avocado chunks, toss, and set aside.
3. Cut chicken breasts in half crosswise. Mix ½ tsp olive oil, salt, and remaining black pepper. Brush mixture on chicken and red bell pepper. Grill chicken and pepper until done. Set chicken breasts aside. Cut pepper into thin strips.
4. While chicken and peppers are grilling, heat remaining olive oil in a large pan, add garlic and onion, and cook until tender, about 5 minutes. Add water, bouillon, and quinoa to pan; bring to boil, cover, reduce heat, and simmer until liquid is absorbed and quinoa is cooked (about 15-20 minutes).
5. Place quinoa pilaf in a large bowl and add chicken, red peppers, and avocado. Toss gently.

Serving Suggestions:

Serve with an 8 oz glass of non-fat milk and ½ orange, sliced.



Food Group Amounts

Dairy	--
Fruits	½ cup
Vegetables	½ cup
Grains	2 oz
Protein	2 oz

Nutrition Facts

Serving Size (235g)
Servings Per Container

Amount Per Serving

Calories 460 **Calories from Fat 140**

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 240mg **10%**

Total Carbohydrate 54g **18%**

Dietary Fiber 7g **28%**

Sugars 3g

Protein 28g

Vitamin A 30% • Vitamin C 100%

Calcium 6% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe Submitted by Produce For Better Health Foundation



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